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IN WHICH
SHANNON
REFUSES TO
PARTICIPATE
IN MORALE-BOOSTING
OFFICE-ATTIRE THEME DAY **PAGE 22**



Watson won't tell Ford what to do

Ottawa mayor says what his T.O. counterpart does is "up to him and his conscience," while pretty much everyone else says get help **PAGES 3, 14**

Saskatchewan versus the Senate

Oh, its on. Premier tables motion to abolish Senate, saying the institution has 'failed the test of being effective' **PAGE 9**

**NO BOY
BANDS**

**LIVE
88.5fm**

Student stacks wreck Sandy Hill: Resident



Sandy Hill resident François Bregha isn't happy with developers converting older homes, like the one behind him, into student housing.

TREVOR GREENWAY/METRO

U of O. As university
copes with ballooning
enrolment, resident
says he's starting to
feel like a 'minority'
in his own community



**TREVOR
GREENWAY**

trevor.greenway@metronews.ca

François Bregha is sick of watching older single-family homes in Sandy Hill get converted into what he says are over-populated, raucous student party pads.

And, with developers proposing to build three new student-housing centres off campus, Bregha, a former board member of Action Sandy Hill, says he worries the problem will only get worse.

He says he and other residents are bracing for 2,000 more students to move into the neighbourhood over the next few years, bringing with them late-night partying and other "obnoxious behaviour." He said he's starting to feel like "a minority in my own community."

As Bregha walked the neighbourhood, he pointed out several character homes now converted into rooming houses — some with more than 25 units. The homes' old red-brick lower storeys are overshadowed by towering vinyl siding that sticks out. Bregha and others fear it will become the norm and Sandy Hill will lose its rustic charm — and its people.

es — some with more than 25 units. The homes' old red-brick lower storeys are overshadowed by towering vinyl siding that sticks out. Bregha and others fear it will become the norm and Sandy Hill will lose its rustic charm — and its people.

"These are people that are involved in the community centres, who have kids and volunteer to clean up the parks and run programming," Bregha said. "As houses get bought up by developers, then this critical mass will disappear."

An online petition has garnered more than 1,100 signatures from residents urging the university to build on-campus housing.

According to the school's housing-services director Michel Guilbeault, the university is considering both on-campus and off-campus as the solution for finding housing for first-year students. He said the university is working on a campus master plan, which could take up to two years.

"Ideally, it would be on-campus, but the university has many needs," Guilbeault said. "We're trying to find the right balance that will suit the needs of students, the university and the community."

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In a Britannia Park mosaic the poppies grow

Lest we forget. Students create 500 poppies and other images out of tiles with the help of local artist Karl Ciesluk



STEVE COLLINS
ottawa@metronews.ca

This year's Remembrance Day observances will be special for students at three area schools, who helped create a new veteran's cenotaph in Britannia Park.

Grade 5 to 8 students from Regina Street Public School, Dr. F.J. McDonald Catholic School and Pinecrest Public School worked with local artist Karl Ciesluk, creating 500 poppies and other images out of mosaic tiles to transform an existing structure in the park.

"There was a concrete sort of plaza in Britannia Park, and it was all grey concrete, so I got permission to beautify it with mosaic," Ciesluk said. "I

think there's over a thousand hours of work into this thing, about half a year's work."

He was hard-pressed to even guess how many thousands of individual tiles were involved. The centre of the plaza is decorated with a compass theme.

"It points to the four directions of the globe, and that's where all the world wars were fought," he explained. "This is a monument to all the wars and all the sacrifices that were made in all wars."

Veteran Affairs Canada, the Ontario Arts Council and the City of Ottawa all provided funding for the project.

Students from the schools will join parents and local veterans to participate in the first Remembrance Day ceremonies at the new cenotaph Monday.

"Hopefully other schools will get involved, and maybe they'll have a choir and who knows what after a while," Ciesluk said, who lives near the park and will maintain and repair his creation as needed. "It's just a start."



Artist Karl Ciesluk shows off part of the commemorative mosaic he constructed in Britannia Park with the help of students from three local elementary schools. STEVE COLLINS/FOR METRO

Ford will have to follow his conscience: Watson



Toronto Mayor Rob Ford
NATHAN DENETTE/THE CANADIAN PRESS

Toronto Mayor Rob Ford faced renewed calls for his resignation Tuesday after he admitted he had smoked crack cocaine, but his Ottawa counterpart was careful to stay out of the fray.

"I'm not going to give advice to Mayor Ford on what he should or shouldn't do," said Mayor Jim Watson. "That's up to him and his

conscience and up to his council and the residents of Toronto, so we'll let them sort that out."

Watson said that apart from a single meeting with Ford, he hasn't had much contact with the City of Toronto or the mayor's office. He speaks more regularly to other members of the Federation of Canadian Muni-

cipalities' Big City Mayor's Caucus, but Ford does not attend that body's thrice-annual meetings.

From the initial crack-smoking allegations, to numerous public appearances during which Ford seemed to be inebriated, to criminal charges against his sometime driver, the Toronto mayor has attracted con-

siderable controversy.

"Obviously, it has to be distracting for the city and for the council and for the administration," Watson said of the latest revelations, "and he's going to have to do what he thinks is right for him and his city and really I can't say much more than that."

STEVE COLLINS/FOR METRO

1 NEWS



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Want to know how to deal with ADHD? Get educated, says local expert

A parent's nightmare, ADHD — Attention Deficit and Hyperactivity Disorder — isn't just for kids anymore.

That's the focus of "Living With ADHD," a free public forum happening Thursday night.

Two of the leading authors and researchers in the field, Dr. Judy van Stralen and Dr. Kenny Handleman, will lead an open discussion, answer questions and share insights into what makes ADHD such a potentially destructive, yet manageable, neurobiological disorder.

It affects five per cent of the population, or about 1.2 million people in Canada, says van Stralen — that's roughly the entire population of the capital region. Not so well known is that ADHD is genetically linked. More than 60 per cent of parents with ADHD pass it down to their children.

If left undiagnosed and untreated, the symptoms, such as an inability to focus attention, impulsive behaviour and hyperactivity generally grows into subtler, but no less destructive behavioural issues in adults.

Imagine having inappropriate emotional fits at work, hyperactivity in a relationship, or a chronically short attention span while trying to navigate the hundreds of rules and responsibilities that adults



Dr. Judy van Stralen CONTRIBUTED

encounter on a daily basis.

The results are toxic. Adults with untreated ADHD tend to earn less, switch jobs and partners more often, get into trouble with money and the law and generally struggle to live up to their potential.

"It's a shame," says van Stralen.

"When treated with drugs, exercise, diet and good coaching, this is a condition that is totally manageable. There is no cure, but like diabetes, you can control it and live a more productive life."

This is the fourth year in a row the Ottawa-based pediatrician has hosted this free public forum and the results are encouraging.

"Education is empowering," van Stralen says, "It's an area of pediatrics where we can make a huge impact. I've had children with ADHD tell me the dance party inside their head finally stopped. Another finished high school because they got treatment."

"It's gratifying as a doctor to hear that you've helped to give a child their life back."

DENIS ARMSTRONG/FOR METRO

SkyHawks capture first-ever franchise win

Second-half rally.

Rainmen scored the first basket of the game and never trailed throughout entire first frame

MIKE CARROCCETTO
ottawa@metronews.ca

Both the SkyHawks and the Rainmen took the court Wednesday night in Kanata searching for their first win of the season. It would be the SkyHawks who found it, prevailing 111-100.

The Rainmen scored the first basket and led all the way through the frame and rolled to a 36-30 lead at the end of the first quarter.

But despite being down for all but 20 seconds of the first half, the SkyHawks kept at it. The tide seemed to be shifting.

SkyHawks head coach Kevin Keathley didn't like what he was seeing and late in the first quarter, during a timeout, could be overheard yelling that his team "wasn't playing tough enough."

The SkyHawks came out flying after halftime. Ottawa went on a 11-6 run to start the 3rd, tying the game at 69.

Moments later, Ottawa forward Ryan Anderson poured in two consecutive three-point bombs from the exact same spot to put the SkyHawks up 75-72.

The Rainmen recovered with two straight buckets



Ottawa SkyHawks No. 15 Justin Tubbs drives to the net as Halifax Rainmen No. 8 Stephen Sir defends during an NBL Canada basketball game at the Canadian Tire Centre Wednesday night. MIKE CARROCCETTO/FOR METRO

to take a brief lead moments later, but Ottawa kept rolling, slamming in the points, led by star guard and top scorer Justin Tubbs.

The teams exchanged leads throughout the middle of the third quarter, but at the end of the third, the SkyHawks pulled ahead 86-83.

Five minutes into the fourth quarter, after two free throws by Mike Rose, the SkyHawks built an 11-point bulge, their biggest of the game to that

point, and led 96-85.

Halifax would narrow the lead to as small as 4 points. That was as close as the Rainmen could get. Ottawa would go on another run to a 111-100 win, their first victory in franchise history.

The Rainmen play the Mississauga Power today in Mississauga.

Meanwhile, SkyHawks return to action this Saturday with a road game in London against the Lightning.

Hawk Talk

Facts and figures

- Attendance was 541
- All SkyHawks home games can be heard live on Algonquin College radio CKDJ 107.9FM.
- The tallest SkyHawk is centre Jamie Vanderbeken of Belleville at six-foot-11.

Details

"Living With ADHD"

- **When.** Nov. 7 and 7 p.m.
- **Where.** The Chamber at Ben Franklin Place on Centrepoin Drive

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Ottawa game developer looks to Kickstart his take on a '90s classic

Quest for \$20,000.

Philip Meyer puts his creation's fate in the hands of fellow Legend of Zelda fans



STEVE COLLINS
ottawa@metronews.ca

King Voxel needs help. His queen's been kidnapped, his treasury's been stolen — and he's trapped in an unfinished video game.

So he's turned to Kickstarter — or rather his creator, Ottawa's Philip Meyer, has. After five years' work on the video game, Meyer's hoping to raise \$20,000 on the crowd-sourcing service to finish it. Two days in, he'd raised \$410.

"I've seen a lot of success stories on Kickstarter," he said.

He was inspired by the re-



King Voxel sets out in search of digital adventure and crowd-funded riches. CONTRIBUTED

cent success of another Ottawa developer, Conatus Creative, which raised \$217,643 through Kickstarter for their retro-style

game, River City Ransom: Underground, a new sequel to a '90s classic.

King Voxel also pays hom-

age to '90s video games, and it owes a great debt to one particular Nintendo hit.

"This game is heavily in-

spired by the original Legend of Zelda," Meyer said, "and a lot of people say that's their favourite game ever, and then I

Digital dreams

"I've seen a lot of success stories on Kickstarter."

Ottawa's Philip Meyer, who was inspired to launch his campaign after the success of Ottawa developer Conatus Creative

look at the magazines and they have like the top 100 or top 200 games of all time, and Legend of Zelda is always in the top 10, often in the top one."

Kickstarters often offer perks to funders at certain levels, and King Voxel is no exception. One donor who kicks in at least \$1,000 will get Meyer's original Lego model of King Voxel, which has stood vigil over all his work.

"He's in arm's reach. I've got him right here," Meyer said of his desktop mascot. "I've had this guy next to me for five years."

Cops seek missing man

Ottawa police are looking for a missing Kanata man who never arrived at his destination on Nov. 4.

Police are seeking the public's help in locating Jehangir Balsara, a 57-year-old man. He left his residence in Kanata on Monday but never arrived at his destination in the south end of Ottawa, said police in a news release.

Police described Balsara as an East Indian male, six feet one inch tall, with a heavy build, who has reced-

ing salt-and-pepper hair.

He was driving a grey-and-brown 2012 Honda Civic, with the Ontario licence plate BRCE 049.

He was last seen wearing a blue dress shirt with dark-coloured pants and a blue windbreaker with a sailboat logo over the left breast.

Anyone with information is asked to contact missing persons at 613-236-1222 ext. 2355 or Crime Stoppers at 613-233-8477.

JESSICA CUNHA/
METROLAND NEWS SERVICE



Ottawa police are looking for 57-year-old Jehangir Balsara, who has been missing since Nov. 4. CONTRIBUTED

Turned in

Police seek owner of military medals

Police in Kingston, Ont., are trying to figure out who owns a row of military medals turned over to an officer.

Const. Steve Koopman says police aren't sure if the decorations were lost or stolen.

He says they were not found during a criminal investigation but rather given to a general crime unit detective Tuesday by a police "source."

Police on Wednesday

released a photo of three of the decorations, which they describe as a 1939 to 1945 star, a France and German star and a defence medal.

Koopman says police are in possession of more medals but aren't releasing the total number or types to make sure anyone who comes forward to claim them has that information to prove they're the rightful owner.

Police say they've searched through their records and haven't found any incident to which they can link the medals.

THE CANADIAN PRESS

Patent licensing

Wi-Lan ends with 3rd-quarter loss

Ottawa-based patent-licensing company Wi-Lan doubled its legal expenses to more than \$14 million, swinging to a loss and lower revenues in its third quarter as the Ottawa company considers its future. Wi-Lan posted a net loss of \$6.5 million in the quarter that ended Sept. 30, compared with a net and comprehensive profit of \$2.2 million in the same period in 2012.

THE CANADIAN PRESS

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A lesson in laughs: Mr. D hits O-Town for the CBC



Gerry Dee says most Canadians can relate to delusional parents and funny family dynamics. CONTRIBUTED

Teacher's also the class clown. Nov. 15 performance to be taped for New Year's Eve TV special

DENIS ARMSTRONG
ottawa@metronews.ca

The standup comedian and star of CBC's Mr. D. will be taping his two shows at Centrepointhe Theatre on Nov. 15 for rebroadcast on CBC nationally on New Year's Eve, but if you go, don't expect any Christmas-season jokes.

As much as he admits he'd love to be edgier — "like Jon Stewart or Steve Carrell," he says wistfully — Gerry Dee is comfortable doing the same shtick that's made him one of the most popular comedians in Canada already: joking about teaching, dealing with delusional parents, and

family dynamics.

"That's my world," says Dee from his Toronto home. "Totally mainstream, the stuff that anyone can relate to. I'm not thinking outside the box. My humour is all about what happened to me. Who hasn't been to school, watched TV or wondered why your parents are so weird? That's me, and a lot of Canadians."

He must be right because on Mr. D, Dee plays a dumber version of himself as the hapless history teacher, hopelessly outwitted by his students at Xavier Academy.

Before comedy, Dee taught high-school history for 10 years, and it was in the classroom he found his funny bone — the teacher as class clown.

The show's become an unconventional hit for CBC. About 1.2 million Canadians watched it during its first season, before its ratings nose-dived in the second season.

How to see Gerry Dee

- Centrepointhe Theatre on Nov. 15 for two shows: 7 p.m. (sold out) and 10 p.m. (tickets available)
- Tickets are \$49.25 plus service charges at the Centrepointhe Theatre box office at 101 Centrepointhe Dr. and online at gerrydee.com and centrepointheatre.ca.

It's all reliable

"I'm not thinking outside the box. My humour is all about what happened to me. Who hasn't been to school, watched TV or wondered why your parents are so weird? That's me, and a lot of Canadians."

Gerry Dee

Dee took a chance and made his character meaner, which made the show darker, more subversive, and the comedy edgier, like that of his heroes Stewart and Carrell. The third season of Mr. D launches in February 2014.

Even though he insists his brand of comedy doesn't push the envelope, it clearly does by primetime made-in-Canada standards, and because of it, he won the Can-

adian Screen Award for best performance by an actor in a continuing role, and the Canadian Comedy Award for best comedy in Ottawa in October.

"It's a great feather in my cap, an honour, but they don't mean that much. Awards can distract you, make you think you've arrived, you don't have to try to be funnier anymore, but all I want to do is get better, and be as funny as Jon Stewart."

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Prime Minister Stephen Harper responds to a question during question period in the House of Commons on Parliament Hill in Ottawa on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Sask. calls for Senate abolition

Saskatchewan has repealed legislation that would have allowed for the election of Senate nominees.

The law was passed in 2009 and allowed for elections to choose names that could be put forward to the prime minister for Senate consideration — although no election was ever held.

Premier Brad Wall has also tabled a motion in the legislature calling for the abolition of

the Senate.

Wall told the legislature that the Senate has “failed the test of being effective.”

The premier has said he believes that most people in Saskatchewan agree that the Senate no longer serves any useful purpose and is not worth the \$100 million in taxpayer money spent on it each year.

Wall had been a proponent of Senate reform, but said this spring that he no longer

believes meaningful reform is possible.

“Long before the current scandals, which have further marginalized the Senate as a useful institution, many were questioning the relevance of an appointed group of men and women, unelected and unaccountable, potentially standing in the way of an elected House of Commons,” Wall said in a news release Wednesday.

“As it has become clear that reform is not possible, abolition has become the preference of Saskatchewan people.”

Wall says the motion is not a proposed constitutional amendment, but simply a statement of Saskatchewan’s official position on the Senate.

The motion is expected to pass as it is the position of the governing Saskatchewan Party and the Opposition NDP.

THE CANADIAN PRESS

Suspended senators not off public payroll yet

Duffy, Wallin and Brazeau. As of Tuesday’s vote, they can’t sit in assembly, keep their offices or employ staff

The Conservative government is scrambling to figure out if the suspensions of three of its own senators actually means they’re entirely off the public payroll, as Prime Minister Stephen Harper claims.

Tuesday’s suspensions of Mike Duffy, Pamela Wallin and Patrick Brazeau for allegedly fraudulent expense claims are without precedent and the government still hasn’t figured out all the ramifications.

Among the lingering questions: Is Duffy eligible for a disability allowance? Will the trio’s time in political purgatory — as much as two years — count toward the six years of service needed to be eligible for a generous parliamentary pension?

Good questions — and it’s up to the Senate to answer them, said Treasury Board President Tony Clement, the chief guardian of the public purse.

Claude Carignan, government leader in the Senate, called the questions “technicalities” that will be sorted out by the chamber’s administration.

The intention of the suspension motions passed on Tuesday was to suspend Duffy, Wallin and Brazeau “without

Pension questions

Gregory Thomas, federal director of the Canadian Taxpayers’ Association, said the suspensions should not impact the trio’s pension eligibility, provided they continue to make contributions and aren’t expelled.

- Duffy, the eldest of the three at 67, would be immediately eligible in 2015 for an annual pension of \$58,264, according to the federation.

- If Duffy were to receive a disability allowance, he could be collecting \$94,640 per year, according to the Parliament of Canada Act.

pay, without any benefits ... including (the) pension plan,” he said. While Senate officials will apply “the spirit and the letter” of those motions, he allowed that there might be some legal impediments.

In fact, the three are still entitled to health, dental and life insurance benefits — a provision added by Carignan last week to make the suspensions more palatable to some of his Conservative colleagues.

Their suspensions are for the duration of the parliamentary sitting, which could continue until 2015 — the same year in which Wallin, Duffy and Brazeau, all appointed in early 2009, would ordinarily become eligible for pension.

THE CANADIAN PRESS



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—**THE NEW YORK TIMES**

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—**ENTERTAINMENT WEEKLY**



"WE HAVE MET BIG BROTHER, and he is us."

—**LEV GROSSMAN, TIME**

BY DAVE EGGERS



In this photo from 2002, Palestinian leader Yasser Arafat pauses during Friday prayers in his headquarters in the West Bank city of Ramallah. Al-Jazeera is reporting that Swiss scientists have found evidence that Arafat died of poisoning, publishing a copy of what it said was the scientists' report on its website on Wednesday. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS FILE

Arafat may have been poisoned

Report. Swiss scientists say the Palestinian leader's death could be due to a rare, deadly radioactive isotope

Swiss scientists have found evidence suggesting Yasser Arafat may have been poisoned, TV station Al-Jazeera reported Wednesday, prompting new allegations by his widow that the Palestinian leader was the victim of a "shocking, shocking" crime.

Palestinian officials have long accused Israel of poisoning Arafat, a claim Israel has denied. Arafat died under mysterious circumstances at a French military hospital in 2004, a month after falling ill at his West Bank compound.

The findings reported Wednesday appear to be the most significant so far in an investigation into Arafat's death initiated by his widow, Suha, and Al-Jazeera.

Last year, Switzerland's Institute of Radiation Physics discovered traces of polonium-210, a deadly radioactive isotope, on some of Arafat's belongings. Soil and bone samples

were subsequently taken from Arafat's grave in the West Bank.

On Wednesday, Al-Jazeera published the Swiss team's 108-page report. The results "moderately support the proposition that the death was the consequence of poisoning with polonium-210," the report said.

Polonium is a rare and lethal substance. The element can be a byproduct of the processing of uranium, but usually is made artificially in a nuclear reactor or a particle accelerator.

The examination of Arafat's remains found "unexpectedly high levels" of polonium-210, the Swiss team wrote.

THE ASSOCIATED PRESS

Saudi Arabia

Huge crackdown on illegal workers leaves 1 dead, 16,000 arrested

Saudi police killed an Ethiopian migrant who tried to flee arrest, authorities said Wednesday, as a crackdown on foreigners working illegally in the kingdom widens with more than 16,000 arrests. The security sweep comes after months of warnings by the Saudi government, which has created a special task force who are combing shops, construction sites and restaurants in search of foreign workers without proper permits.

THE ASSOCIATED PRESS

Looking for 'closure.' Hijacker returns to U.S. from Cuba to face justice

An American who hijacked an airliner to Cuba nearly 30 years ago flew back home Wednesday to face U.S. justice.

FBI agents took William Potts, 56, into custody shortly after his flight from Havana landed at Miami International Airport, said an FBI spokesman. Potts faces a 1985 federal indictment for hijacking a Piedmont Airlines flight in 1984.

In interviews prior to leaving Cuba, Potts said he was seeking "closure" and hoped to convince U.S. prosecutors to give him credit for the 13-plus years he spent in Cuban prison

for hijacking the flight.

Even though Potts could have stayed in Cuba, he decided to come home and take his chances with the legal system.

"It's time it had closure. Why leave it hanging, why leave this gaping uncertainty?" he said. "So I want to resolve that because ... having completed my sentence, I feel like I want to put all that stuff behind me. I don't want that lingering over or impeding anything I might want to do. Once you've paid your debt to society you're entitled to a fresh start."

THE ASSOCIATED PRESS

Quebec lawmakers getting a mouthful

Charter-of-values bill. Legislation to be tabled Thursday has a new 28-word title

The Parti Québécois' controversial charter of values is being rebranded, and its official new name is less than succinct. It will be tabled to-

morrow as a bill in the legislature under the formal title: Charter Affirming The Values Of Secularism And The Religious Neutrality Of The State, As Well As The Equality Of Men And Women, And The Framing Of Accommodation Requests.

The minister responsible says he didn't pick the name.

Bernard Drainville says the title was selected by govern-

ment lawyers who worked on the bill, and he says they like long names that include all the major details in the title.

"There's no new phrasing," Drainville said Wednesday. That suggests the government will keep referring to it as the charter of values — which has been the popular name for the plan that would force state employees to take off their headscarves, yarmul-

kes, turbans and larger-than-average crucifixes if they want to keep their jobs.

However, the bill appears to have no chance of passing in its current form, in the current legislature. The PQ has only a minority government and will have two basic options: water down the bill to get it adopted, or preserve it for an election campaign.

THE CANADIAN PRESS



Quebec Premier Pauline Marois responds Wednesday to opposition over the tabling of a bill on secularism in the legislature. THE CANADIAN PRESS

Ocean science

Canada at risk of losing status as a world leader

A report for the Council of Canadian Academies says Canada is at risk of losing its world-leader status on ocean science.

The report says funding for ocean science is actually increasing, contrary to perception, but limitations on access to data and information reduce the usefulness of research being done by governments, universities and industry.

THE CANADIAN PRESS

Health care

Ottawa gets low marks from doctors' group

The College of Family Physicians of Canada has given the Conservative government low marks on health care and is calling on Ottawa to show leadership in setting national standards as it confronts an aging population.

Among the areas of biggest concern are the absence of a national home-care program, primary care supports and an immunization strategy.

THE CANADIAN PRESS

Meteors. Flood of videos on social media lead scientists to rethink risk

Unprecedented documentation on YouTube and other social media of a small asteroid exploding over a Russian city earlier this year has taught scientists much more about how — and how often — such spectacular events happen.

In one of three scientific papers on the Chelyabinsk meteor published Wednesday, a Western University scientist concludes the heavenly bodies are hitting Earth two or three times more often than we thought.

The Chelyabinsk meteor exploded in the sky over the nearby city of that name on Feb. 15. The long, fiery trail gave observers plenty of time to whip out smartphones and videocams to record it — and many did. More than 400 recordings of it exist.

Peter Brown, lead author of the paper published in Nature, and his colleagues were able to use the wealth of data to construct a clearer picture of what happens to asteroids when they hit the atmosphere. Previously, scientists assumed the explosions were



People look at a chunk of the Chelyabinsk meteor, recovered from a lake in Russia last month. THE ASSOCIATED PRESS

similar in character to nuclear blasts — spherical shock waves expanding from a central point. But Chelyabinsk's explosion looked more like a cylinder, which meant less damage on the ground, but spread over a larger area.

Olga Popova, author of another paper in Science, used the data from security and dashboard cameras to calculate that the asteroid was nearly 20 metres in diameter and hit a speed of 18.6 kilometres per second. The blast was 30 times brighter than the sun and released energy equivalent to 530 kilotonnes of TNT. THE CANADIAN PRESS

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Ford saga: The faces of protest



1 And baby came, too

Meredith Davis holds her three-month-old daughter, Emma — and a sign — at a rally at Toronto City Hall. Protesters called for Mayor Rob Ford to step down to take care of his personal life.

2 A sign of disgust

Sarah Doucet joins protesters outside Toronto City Hall.

3 No hiding his feelings

A paper-bag-clad protester holds a smiling Rob Ford head at City Hall.

PHOTOS BY RICK MADONIK/TORSTAR NEWS SERVICE

Friends and foes tell Ford: Grab our lifeline

NO, NO, NO! Toronto mayor refuses to step aside for a bit and get some help after his crack bombshell

Crack-smoking Toronto Mayor Rob Ford has united the political spectrum.

Both conservative and left-leaning politicians are telling him to step aside in the wake of his bombshell admission he has smoked crack cocaine during his time in office.

When the Toronto Star and the U.S. website Gawker first reported in May that a video showed the mayor smoking crack, Ford denied it and his closest allies stood by him.

But now that he has admitted to the drug use and police have said they have the video, politicians of all stripes are urging him to get help.

Deputy Mayor Norm Kelly said Wednesday: "I'm inviting him today ... to take a pause with all its advantages, because it's the one option that looks after all of the issues on the table."

Ontario Opposition Leader Tim Hudak said that if Ford called him for advice he would tell him to put his family first and get healthy.

Fervent city hall ally Coun. Frances Nunziata said she



Not a care in the world? Toronto Mayor Rob Ford shows staffers' children around city hall on Wednesday, Take Your Kids To Work Day. CHRIS YOUNG/THE CANADIAN PRESS

and fellow supporters are urging him to take a leave of absence. "I was hoping he would listen to us, as strong supporters."

Right-leaning Coun. Giorgio Mammoliti stressed there is no need for panic.

"We have a very capable deputy mayor and dedicated councillors to carry forward with the fiscally responsible agenda we were elected to implement, he said.

THE CANADIAN PRESS

Making a hash (tag) of it!

The Twittersphere is buzzing — thousands have issued scolding tweets about the behaviour of Rob Ford.

- Uh-oh. Rob Ford, a professor at the University of Manchester in Britain has received a barrage of fiery tweets — and he's not too happy.

- Not amused. "It seems the other Rob Ford is in trouble again," the U.K.'s Ford tweeted. "Toronto-nians, I am not him. I am much more boring."

- Last straw. He also tweeted: "Not fat, not Canadian, not a mayor of anything."

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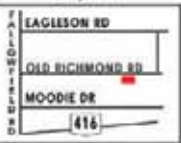
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This photo shows a barge on Treasure Island in San Francisco on Tuesday. The barge is one of three mysterious floating structures that have sparked online speculation. JEFF CHIU/THE ASSOCIATED PRESS

Google says barge is for interactive learning

The three barges.

The East Coast barge built in New London, Conn., in July was recently towed to Maine

Internet giant Google says it is exploring using a large barge as an interactive learning centre.

A statement released Wednesday from Google's press centre may help end weeks of speculation about the purpose of structures on two barges, one being built in the San Francisco Bay, another off Portland, Maine.

"Google Barge ... A floating data centre? A wild party boat? A barge housing the last remaining dinosaur? Sadly, none of the above," says the statement. "Although it's still early days and things may change, we're exploring using the barge as an interactive space where people can learn about new technology."

Google did not specify in the statement if it was referring to both barges or, if just one, which one, and the firm

Shrouded in secrecy

Until now, city officials responsible for land use and state officials responsible for the bay have said they didn't know what was being built there.

- Coast-guard inspectors who visited the construction sites had to sign non-disclosure agreements.

did not immediately respond to requests for comment.

Google has been building a four-storey structure in the heart of the San Francisco Bay for several weeks, but managed to conceal its purpose by constructing it on docked barges instead of on land, where city building permits and public plans are mandatory.

If Google wants to operate an on-barge interactive learning centre in the San Francisco Bay, the firm will eventually need to get permission from the San Francisco Bay Conservation and Development Commission. **THE ASSOCIATED PRESS**

Jurassic discovery

'King of gore' dino ruled before T. rex

Paleontologists on Wednesday unveiled a new dinosaur discovered in the western state of Utah that proves giant tyrant dinosaurs like the Tyrannosaurus rex were around 10 million years earlier than previously believed.

A full skeletal replica of the carnivore — the equivalent

of the great uncle of the T. rex — was on display at the Natural History Museum of Utah alongside a 3D model of the head and a large painted mural of the dinosaur roaming a shoreline.

It was the public's first glimpse at the new species, which researchers named Lythronax argestes. The first part of the name means "king of gore," and the second part is derived from poet Homer's southwest wind. **THE ASSOCIATED PRESS**

Formula six?

Google ordered to block Max Mosley orgy photos

A French court ruled Wednesday that Google must rid its search results of nine images of an orgy involving former Formula One chief Max Mosley.

Google's associate general counsel, Daphne Keller, said the ruling amounted to asking

the search giant to build a "censorship machine."

In 2008, the now-defunct News of the World newspaper published a story alleging that Mosley participated in a sex session with prostitutes. It also posted a video on its website that purported to show Mosley during the session.

"This is a troubling ruling with serious consequences for free expression, and we will appeal it," said Keller. **THE ASSOCIATED PRESS**

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Poaching of elephants and rhinos an escalating crime trend

Crime. 'Kenya stands at a crossroads as far as environmental criminal activity is concerned': Attorney general

The illegal cutting of timber and the poaching of elephants and rhinos are part of a "rapidly escalating environmental crime wave" that international governments must combat by increasing co-operation, police and environmental officials said Wednesday.

Interpol and the United Nations Environmental Program are working together to stop environmental crimes that cost tens of billions of dollars a year, said Achim Steiner, the UN Environmental Program's executive director. Some 500 law en-



Kenyan officials and the International Fund for Animal Welfare fit a GPS tracking collar on a tranquilized male to monitor migration. BEN CURTIS/THE ASSOCIATED PRESS

forcement and environmental experts from around the world are meeting in Nairobi this week to try to stem the problem.

"This is a global phenomenon. These are global syndicates, criminals that are engaging in this trade," said Steiner. Officials in China this

week busted two smuggling rings responsible for trafficking nearly \$100 million of elephant ivory from Africa to China, the International Fund

for Animal Welfare said Wednesday. They also said Tanzania announced they had seized 706 tusks.

THE ASSOCIATED PRESS

Shocking numbers

17,000

An estimate of the number of elephants that were illegally killed in Africa in 2011 alone, according to UNEP. The demand for elephant ivory by China's rising middle class is fuelling the killings.

Environmental crime

500

The number of law enforcement and environmental experts from around the world who are meeting in Nairobi this week to try to stem this very serious problem. Interpol and the United Nations Environmental Program are working together to stop environmental crimes that cost tens of billions of dollars a year, said Achim Steiner, the UN's Environmental Programs executive director.

Legal argument

Russia wrong to seize Greenpeace ship: Holland

Attorneys representing the Netherlands argued Wednesday that Russia violated UN regulations when it seized the Dutch-flagged Greenpeace ship Arctic Sunrise and charged all on board with piracy.

The Hamburg-based International Tribunal for the Law of the Sea agreed to hear arguments on the case even though Russia refused to attend. Russia argued that even though it had ratified the 1982 UN Convention on the Law of the Sea, it stipulated it would not accept arbitration on cases it considered to be matters of national sovereignty.

Dutch attorneys asked for the immediate release of 28 Greenpeace activists, a Russian photographer and a British videographer, as well as the Arctic Sunrise icebreaker. All were seized by the Russian coast guard after a protest near a Gazprom-owned oil rig in the Arctic. The Dutch argued there was no evidence of piracy. THE ASSOCIATED PRESS

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Duck-billed dinosaur. Yet another hadrosaur found in Alberta's earth

It appears that you can't dig a deep hole in Alberta without finding a duck-billed dinosaur.

For the second time in weeks, construction crews have discovered the fossilized remains of a hadrosaur, a plant-eating creature that stalked the Earth about 68 million years ago.

The latest discovery happened in Leduc, a city south of Edmonton.

A crew helping to build a housing development found the fossils six metres below the surface and called the

Royal Tyrrell Museum. The crew then helped museum staff carefully remove dirt and rock from the prehistoric buried treasure.

Museum curator Francois Therrien said this dinosaur was a teenager and is about eight metres long. The fact that much of the skeleton was found intact makes it an important find.

"When you walk in the badlands of southern Alberta when you find dinosaur bones, nine times out of 10 it will be from a duck-billed dinosaur." THE CANADIAN PRESS



A hadrosaur fossil in Leduc, Alta. ROYAL TYRRELL MUSEUM/THE CANADIAN PRESS



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Few movies pass new gender-bias rating in Sweden

Study. Of the top 100 U.S. films in 2011, women account for 33% of characters and 11% of protagonists

You expect movie ratings to tell you whether a film contains nudity, sex, profanity or violence. Now movie theatres in equality-minded Sweden are introducing a new rating to highlight gender bias, or rather the absence of it.

To get an A rating, a movie must pass the so-called Bechdel test, which means it must have at least two named female characters who talk to each other about something other than a man.

"The entire Lord of the Rings' trilogy, all Star Wars movies, The Social Network, Pulp Fiction and all but one of the Harry Potter movies fail this test," said Ellen Tejle, the director of Bio Rio, an art-house movie theatre in Stockholm's trendy Södermalm



The director of movie theatre Bio Rio in Stockholm, Ellen Tejle, holds an A-rating certificate. Cinemas in equality-minded Sweden are using the test to highlight an absence of gender bias. AMI BRAMME/THE ASSOCIATED PRESS

district.

Bio Rio is one of four Swedish movie theatres that launched the new rating last month to draw attention to how few movies pass. Most visitors have reacted positively to the initiative and "for some people it has been an eye-opener," said Tejle.

Beliefs about women's roles in society are influenced

by the fact that movie watchers rarely see "a female superhero or a female professor or person who makes it through exciting challenges and masters them," Tejle said, noting that the rating doesn't say anything about the quality of the film. "The goal is to see more female stories and perspectives on cinema screens."

THE ASSOCIATED PRESS

Cars and smokestacks

Carbon dioxide levels at record high: UN

World carbon dioxide pollution levels in the atmosphere are accelerating and reached a record high in 2012, the UN weather agency said Wednesday.

The heat-trapping gas was measured at 393.1 parts per million last year, up 2.2 ppm from the previous year, said the Geneva-based World Meteorological Organization in its annual greenhouse gas inventory.

That is far beyond the 350 ppm that some scientists suggest as the safe upper limit. As the chief gas blamed for global warming, carbon dioxide's 2012 increase outpaced the past decade's average annual increase of 2.02 ppm. It's expected to cross 400 ppm by 2016.

THE ASSOCIATED PRESS



'Barbecued' for a cause

Animal-rights activist and co-founder of People for the Ethical Treatment of Animals (PETA) Ingrid Newkirk lies on a mock barbecue stand as a sign of protest in Mumbai on Wednesday. The action marks World Vegan Month, which celebrates health, environment and the animal-friendly vegan diet. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

New DNA evidence bolsters Knox's defence

'Considerable affinity.'
Testimony disputes that murder victim's DNA found on knife blade

In the third Italian murder trial of U.S. student Amanda Knox, a court-appointed expert testified Wednesday that the alleged murder weapon shows a new DNA trace that belongs

to Knox and not the victim.

That testimony bolsters the defence, which claims the kitchen knife was not the weapon used in the bloody 2007 slaying of Knox's British roommate, 21-year-old Meredith Kercher.

Another piece of DNA on the knife blade initially attributed to Kercher was disputed on appeal.

Expert Andrea Berti testified Wednesday that the

Quoted

"It means that Amanda took the knife exclusively for cooking matters."

Luca Maori, defence lawyer

minute new DNA trace from the knife's handle showed "considerable affinity" with Knox's DNA, while not match-

ing those of Kercher, Knox's co-defendant and ex-boyfriend Raffaele Sollecito, or Rudy Guede, an Ivorian man who has been convicted separately in the brutal slaying.

Knox defence lawyer Luca Maori told the Associated Press after the hearing that expert testimony backs their argument that Knox had used the knife found in Sollecito's kitchen solely for preparing food. **THE ASSOCIATED PRESS**



Amanda Knox's ex-boyfriend sits with his lawyer as Knox's lawyer speaks to them ahead of a hearing. PATRICIA THOMAS/THE ASSOCIATED PRESS

17 days of silence

Pussy Riot member's hubby says he can't get a hold of her

The husband of imprisoned Pussy Riot member Nadezhda Tolokonnikova is complaining that he hasn't been able to contact her for more than two weeks as she is transferred to a new prison.

Tolokonnikova is serving two years for hooliganism after the band's politically provocative 2012 performance in Moscow's main cathedral. She went on a hunger strike to protest.

THE ASSOCIATED PRESS

Bunga bunga persecution?

Berlusconi's kids compare his plight to the Holocaust

Italian ex-premier Silvio Berlusconi has likened Jewish suffering in Hitler's Germany to what his family feels about his judicial woes, triggering criticism from Italian politicians and Jewish leaders that he is trivializing the Holocaust.

Berlusconi said his adult children tell him they feel like the Jewish families must have felt like in Hitler's Germany, quoting them as saying "everyone's on top of us."

THE ASSOCIATED PRESS



Easy there, tiger

A three-month-old Sumatran tiger cub named Bandar shows his displeasure after being dunked in the tiger exhibit moat for a swim-reliability test at the National Zoo in Washington on Wednesday. All cubs born at the zoo must take a swim test before being allowed to roam in the exhibit. Bandar passed his test.

MANUEL BALCE CENETA/THE ASSOCIATED PRESS

ONTARIO ENERGY BOARD NOTICE ONTARIO POWER GENERATION INC.

**Ontario Power Generation Inc. has applied to raise its payment amounts.
Learn more. Have your say.**

Ontario Power Generation Inc. has applied to the Ontario Energy Board to increase the amount it charges for the output of its nuclear generating facilities and most of its hydroelectric generating facilities. If approved, this would result in an increase of about \$5.36 each month for the typical residential customer beginning on January 1, 2014. Other customers, including businesses, may be affected as well.

THE ONTARIO ENERGY BOARD IS HOLDING A PUBLIC HEARING

The Ontario Energy Board (OEB) will hold a public hearing to consider Ontario Power Generation Inc.'s (OPG) request. We will question the company on its case for a payment amount increase. We will also hear arguments from individuals and from groups that represent consumers of electricity. At the end of this hearing, the OEB will decide what, if any, increase will be allowed.

The OEB is an independent and impartial public agency. We make decisions that serve the public interest. Our goal is to promote a financially viable and efficient energy sector that provides you with reliable energy services at a reasonable cost.

BE INFORMED AND HAVE YOUR SAY

You have the right to information regarding this application and to be involved in the process. You can:

- review OPG's application on the OEB's website now.
- sign up to observe the proceeding by receiving OEB documents related to the hearing.
- file a letter with your comments, which will be considered during the hearing.
- become an active participant (called an intervenor). Apply by **December 1, 2013** or the hearing will go ahead without you and you will not receive any further notice of the proceeding.
- at the end of the process, review the OEB's decision and its reasons on our website.

LEARN MORE

These payment amounts relate to generation from OPG's nuclear facilities and most of its hydroelectric facilities. They make up part of the Electricity line - one of the five line items on your bill. Our file number for this case is EB-2013-0321. To learn more about this hearing, find instructions on how to file letters or become an intervenor, or to access any document related to this case please select the file number on the OEB website: www.ontarioenergyboard.ca/notice. You can also phone our Consumer Relations Centre at 1-877-632-2727 with any questions.

ORAL VS. WRITTEN HEARINGS

There are two types of OEB hearings - oral and written. The OEB has decided that it will proceed with an oral hearing for the major issues in this application. If you have any comments with respect to the need for an oral or a written hearing, you can write to the OEB to explain.

PRIVACY

If you write a letter of comment or sign up to observe the hearing, your name and the content of your letter or the documents you file with the OEB will be put on the public record and the OEB website. However, your personal telephone number, home address and email address will be removed. If you are a business, all your information will remain public. If you apply to become an intervenor, all information will be public.

This rate hearing will be held under section 78.1 of the Ontario Energy Board Act, 1998, S.O. 1998 c.15 (Schedule B).



Ontario Energy Board
Commission de l'énergie de l'Ontario

Bubbling feud leaves beer-lovers flat

Heady Topper. Brew ranked among best in the world shuts its retail operation to the delight of neighbours, and despair of fans

A Vermont microbrewery that makes one of the world's best

beers plans to close its retail operation to head off trouble brewing with neighbours.

Customers lined up at The Alchemist brewery on Tuesday to buy cases of Heady Topper, which Beer Advocate magazine recently ranked No. 1 out of the top 250 beers in the world.

The beer is so popular that owners Jen and John Kimmich plan to shutter their oper-

Quoted

"The busier they've gotten, the more chaotic my life has gotten."

Amy Kinsell, who owns the house next door to the brewery, whose complaints include cars using her driveway, smoke, odours and noise

ation on Nov. 15 to avoid a neighbourhood dispute.

"We would have had to fight to keep on going," Jen Kimmich said. "We decided to close down before it turns into a large legal battle."

The couple plan to reopen as soon as possible, Kimmich said. While the retail end of the business is closing for now, the brewery will continue operating and will keep its staff of 25, she said.

THE ASSOCIATED PRESS



In this Sept. 4 photo, cans of Heady Topper roll off the line at the Alchemist Cannery in Waterbury, Vt. TOBY TALBOT/THE ASSOCIATED PRESS

Pittsburgh

Homeless man gets a taste of the good life, then jail

A homeless man has gone from the penthouse to the big house after he was found sleeping in the presidential suite at one of Pittsburgh's top hotels.

Jeffrey Lennon Watson, 48, told police he was from Los Angeles and was passing through the city to return to California when he was nabbed by security at the Omni William Penn

Hotel on Tuesday night, police spokeswoman Diane Richard said Wednesday.

Hotel guests were checking into the suite about 7:30 p.m. when they saw Watson sleeping on a couch and notified hotel staff, police said. Hotel security officers woke him up, took him to their office and called police, Richard said.

Watson told police "he has been in Pittsburgh for over a month and sleeps wherever he can locate somewhere comfortable to rest his head," Richard said.

THE ASSOCIATED PRESS

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Syrian refugees back to class

Students play in their schoolyard on the first day of classes at a private school built for Syrian refugees in Sidon, Lebanon, Wednesday. There are more than 800,000 refugees registered with the UN refugees agency in Lebanon, but the Lebanese government estimates the real number of Syrians in the country at more than a million.

MOHAMMED ZAATARI/THE ASSOCIATED PRESS

A toxic relationship? Canadians have trouble trusting telecom providers

Complaints about wireless data, roaming and Internet bandwidth charges have more than doubled, with Canadian consumers showing increasing distrust of the bills they get from telecom providers, says the industry's watchdog group.

Billing charges involving these three issues generated customer complaints more than 1,500 times in the past year, according to the annual report by the Commissioner for Complaints for Telecommunications Services released on Wednesday.

The non-profit group helps resolve disputes between consumers and telecom service providers.

Howard Maker, commissioner and CEO of the organization, said people have difficulty understanding how their data use is measured and telecoms are falling short on explaining the charges.

"It's not tangible. People really have to rely on their service provider and many Canadians are not prepared to do

Hard to quantify

"You can't wrap your arms around a gigabyte of data."

Howard Maker, commissioner for Complaints for Telecommunications Services

that," said Maker.

He added the industry should do a better job of relaying how data charges accumulate, such as providing consumers with documentation of the data used upon request.

"In no case that we reviewed did we find a service provider which offered a way to independently verify that the amount of data measured was accurate," the report said.

"We again urge the industry to take greater steps to instill confidence in the metering and billing of data, roaming and bandwidth charges."

THE CANADIAN PRESS

The green rush: Investors high on potent profits in U.S.



MassRoots has rolled legalization of marijuana in three U.S. states into a high-grade social-media app for consumers. CONTRIBUTED

Budding business. The legalization of marijuana in some U.S. states has sparked massive growth, with \$2.3B US in projected sales in 2014



KIERON MONKS

Metro World News in London

A year after the first three U.S. states legalized marijuana, it has become an irresistible commodity in a booming industry. Conformation of the revolution came in Seattle this week, where investors paid over \$1,000 US just to attend a start-up fair and have the chance to buy in.

"It's an extremely professional event full of high-quality opportunities," says Isaac Dietrich, CEO of MassRoots, a social media app for consumers. The 21-year-old has secured \$150,000 US in investment

Mellowing out on marijuana

A recent Gallup opinion poll showed 58 per cent public support for full legalization. Jim Willett, 62, ex-navy and social conservative, is now among those pro-pot.

- "It's a much broader and more diverse type of company than the early days of just selling (marijuana) pipes," said Willett, who has made \$750,000 US from a \$150,000 US investment in a specialist marijuana security firm, and holds software and agricultural shares too.

from hedge fund managers, and the only way is up.

The "gold rush" includes projected sales figures of over \$2.3 billion US next year, according to investors circle ArcView, representing growth of 64 per cent — the fastest of any domestic industry.

Market Minute

DOLLAR
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(+0.37¢)

Natural gas: \$3.50 US (+2¢)
Dow Jones: 15,746.88 (+128.66)



TSX

13,380.41 (+18.70)



OIL

\$94.80 US (+\$1.43)



GOLD

\$1,317.80 US (+ \$9.70)

Hire a veteran

Starbucks brews up plan to give war vets jobs

Starbucks says it plans to hire at least 10,000 veterans and military spouses over the next five years.

THE ASSOCIATED PRESS

B.C. tree planters

Discrimination case nears end

The B.C. Human Rights Tribunal will hear final arguments next month in the case of a group of tree planters who allege they endured slave-like conditions.

THE CANADIAN PRESS

Rogue rollbacks

Walmart website posts unreal prices

Treadmills for \$33? Computer monitors for \$9?

Walmart says a "technical error" caused certain products to be priced absurdly low or high on its website.

THE ASSOCIATED PRESS

Random biz fact of the day

88%

The job-rejection rate if you have a photo of yourself on your CV.

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Day 4

metronews.ca/temp

Who's the boss?

Meet and grit: How to get ahead

You've likely heard the saying "It's not what you know, it's who you know."

While some might view temp work as just a way to make ends meet, it could be an opportunity to get a better job down the road.

Human-resources expert Laurie Ruettimann told monsterworking.com that being a temporary employee might not land you a full-time gig with a certain company, but the people you connect with could open up future employment doors for you.

METRO IN EDMONTON

Social security

A way to get your foot in the door

While the money isn't always great, the payoff can be "unbelievable," said a consultant at Supertemp in Halifax, who declined to be identified.

"You meet a lot of clients and companies you wouldn't have a foot in the door with otherwise," she said, adding that about 25 per cent of Supertemp's clients transition to full-time work. **METRO IN HALIFAX**



GETTY IMAGES

Temp's Lack of Jeans Day Spirit Irks Co-workers

I walked into the office the next morning only to experience that sickening pang we all dread: jeans day — enforced perkiness among the girls, while the guys make theatrical, creepy, ass-gazing gropey faces in the lunchroom. No jeans for me.

My jacket wasn't even off when Sarah No. 3 stuffed a wad of documents covered with sticky notes into my hand. "I need these alphabetized like we did last week."

"Fine."

She stared at me.

"Is there a problem?" I asked.

"You know, it wouldn't have been so hard to throw on some jeans today."

"I'm not a very jeans-y person."

"Morale is really down around here and we need some fun."

"OK..."

"It's not even for us, Shannon. It's for the kids."

I gagged and then the phone rang: "Good morning. Taylor, Wagner & Kimura Filter Systems, a proud patriotic company since 1899. One moment, I'll connect you." Then the Danimal rolled up to the desk, winking like mad. "How was last night's, ummm ... date?"

"Date? It wasn't a date. It was Mister McFunbury's for exactly 120 minutes."

"And what was Mr. Xu like?"

I wanted to keep my secret. "Nice enough. Limited English, though."

"Did he say anything about the company I should know about?"

Boy did he ever! "No. Mostly we just stared at the *How I Met Your Mother* reruns playing on the screen above the salad bar." A total lie. "I don't think he's very espionage-y."

"Oh." Danimal seemed let down.

Just then Kyle walked in with a delivery. "Hot and heavy at McFunbury's last night, huh?"

I was peeved. "What the —? It's none of your business, Kyle. And who told you?"

"I was driving back from the oil refinery. Saw you there with

**Jeans day —
enforced
perkiness
among the girls,
while the guys
make
theatrical,
creepy,
ass-gazing
gropey faces in
the lunchroom.**

your date. Senior's Night, too—rocking!"

"The refinery? Why were you there?"

"I'm applying for a job."

"Oh." Kyle was acting as if he and I are somehow a real couple. At the same time, there I was getting surprisingly verklempt thinking of no more Kyle, with him working at that big gross refinery for the rest of his life.

Kyle said, "I'm sick of being a temp on wheels, and it's occurring to me that I'll never even be middle class let alone some big success story, and maybe I need to get my foot in the door at a place that is never going to go out of business — hence oil."

The phone rang; it was Xu. "Gotta take this, guys." I picked it up. "Good morning. Taylor, Wagner & Kimura Filter Sys-



Random fact of the day

We're obsessed with hole foods:

- There are more doughnut shops in Canada per capita than any other country.

SOURCE: CBC.CA



tems, a proud patriotic company since 1899."

Kyle and the Danimal lumbered off.

I lowered my voice into the receiver. "Hey Shoeboy. How you doing?" **TO BE CONTINUED...**

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NOT GOING TO (C)RACK AND RUIN

Take a deep breath, everyone.

I'm not going to make a single crack-related pun, because as a front-line witness to this extraordinary week I think it would be in everybody's best interests if I made multiple crack-related puns.

I live in Toronto, and can't begin to explain how dreamlike it's been since police found the video of Mayor Rob Ford smoking cracky tabaccy.

It's one thing to see it from a distance and laugh, but when it's happening right in your city and—uh, hold on, the pro wrestler Iron Sheik just arrived at city hall to challenge Ford to a fight—as I'm writing this.

This will be my last column. I'm off to live in the woods.

Crack is wack: The last few days have been unreal even without professional wrestling; it's like I've been ingesting some intense, illegal narcotic that gives intense feelings of euphoria and disorientation. (EDS: Will be more specific when I think of one.)



HE SAYS
John Mazerolle
metronews.ca

As one example, Ford, again as I write this, is showing kids around city hall for Take Your Kids to Work Day. Meanwhile, one of the local news papers has published a lifestyle article, "How To Talk To Your Children About The Mayor."

I live in the Twilight Zone.

Ford is a surreal mayor to begin with. His successful platform of law, order and honesty from an average Joe is an awkward fit for a disorderly crack-smoking liar from a well-to-do family. He also says he's pro-car, but I'm starting to think the next round of court documents will show that whenever nobody's looking he hops on a bicycle.

At least half my conversations lately have been with friends from outside the city who ask:

"So, uh... what's up with your mayor?" They ask in a curious but cautious tone, the way you might ask a friend about their upcoming sex change. "We love you no matter what, but could you explain it to me?"

Makes me wonder what it's like at home for people who support Ford. Do they get calls from out-of-province friends who say, "Saw your mayor smoking crack on the news. So jealous! Mine just flips burgers and cuts ribbons."

I used to try to explain Ford's appeal—the suburban support, the fiscal conservatives, but from now on I'm just going to say that 45 per cent of Torontonians adore crack. The city's just as liberal as you've heard, everyone! Pot, schmot. Let's legalize everything!

Besides, I'm not worried about our international reputation the way some people are. It's not like people aren't going to London, England, because of Mayor Boris, who from a distance sometimes seems like a Ford that drives on the left. And I don't think many people look at Jeffrey Dahmer and think, "Well, that's Wisconsin for you!"

I'm done worrying about Ford. As the mayor himself might say, we need to move forward, not crackward.

I say Toronto—and Canada—should embrace its crazy characters, the mayor included. Otherwise we might go insane. Or put another way, we laugh that we may not crack.

And... exhale.

ZOOM

Mudslinging? It's mud-singing!



DANIEL TRIM/REX FEATURES

Funny fish seem to be operatic

These wide-mouthed amphibious fish look like they are duetting in an audition for a singing talent show. Wildlife photographer Daniel Trim couldn't believe the strange display unfolding when he spent time watching a group of mudskippers (Oxudercinae).

He observed them pulling

a range of funny poses as they languished in the mud at Krabi in Thailand.

"The two mudskippers became very aggressive and lined up side-by-side and postured making strange 'popping' and 'gurgling' noises before viciously attacking each other for several minutes. The loser did eventually retreat with only its pride in tatters," Trim said.

METRO

Living the life

- These amphibious fish live in the Indo-Pacific region and the Atlantic coast of Africa. Many species of mudskipper spend 90 per cent of their time on land.
- These fish fill their gill chambers with water, creating an oxygen tank that allows them to breathe out of water.

Quoted



"This may look like two drunk friends singing their hearts out but this is a territorial display as one male ventures too close to another's burrow."

Daniel Trim, 26, wildlife photographer

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Learning to code and design websites doesn't have to be a difficult or expensive project at all. Start with these three resources, and you can get started tonight in your own home at zero cost.

W3 Schools:

The granddaddy of them all, W3 offers free tutorials in pretty much any development technique you'll need to know in a clean and easy format. An easy recommendation for somebody looking to learn. (w3schools.com)

Code Racer:

Gawd! Lessons and tutorials are just sooooo boring, though, right? How about a little gamification, instead? Swiftly code your way through a series

of challenges to get ahead of the competition on the race tracks. Badges. Achievements. It's like Candy Crush, but worth your time. (coderaace.me)

Mozilla Developer Network:

A massive wiki curated by devotees of an open web, you'll find a great mix of demos, tutorials and developer guides. Brush up on your skills here before challenging foes on the Code Racer track if you happen to be a sore loser. (developer.mozilla.org)

Twitter

@metropicks asked: Canadians are known for politeness, hockey talents and Bryan Adams. Oh and a crack-smoking mayor. What do you think of our new reputation?

@serpentina66: At least now we can sit at the 'cool' table at the UN.

@MadonaW: People act like he's the only person in office that has done anything "bad" I say random drug tests for all politicians #whatnow

@Jihzay_: I bet a surprising amount of mayors smoke crack. Most just avoid video cameras.

@stopspanglish: Ahem, *Toronto*

is known for having a crack-smoking mayor.

@Vokal_Apinyawns: @chelseahandler brought @TOMayorFord up on yesterday's show. I am concerned about our reputation. #RealPriorities

@livelifeinneon: only a matter of time before we had some scandal. Maybe now people will stop saying "Eh" to us all the time.

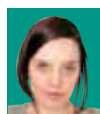
@SteveDodd: NO NO NO Toronto is known for its mayor. He doesn't represent Canada thank you.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

Working in marketing? That's so two years ago

Being Erica. Fashion journalist Erica Wark 'loving every second' of whirlwind career



**BACKSTAGE
PASS**
Jen Traplin
ottawa@metronews.ca

Erica Wark is quickly becoming Ottawa's leading fashion expert and, with regular appearances on nationally syndicated talk shows, she's starting to make a splash right across Canada.

Wark's star has risen quickly — just over two years ago, she was working full time at a local marketing agency, all while growing her fashion business on the side.

"I started styling in January 2010 and I was doing a lot of freelance work and I got asked to do the Ambush Makeover Show with St. Laurent Centre and A Channel," says the stylist and fashion journalist.

"I did two days of filming and I realized, 'Oh my God, I love this! This is what I should be doing with my life,' even though I had no idea how I was going to get there."

In August 2011, Wark quit her job at the marketing agency to focus exclusively on building a career in fashion and started a blog, Erica on Fashion.

These days, Wark is a resident fashion expert on Steven and Chris, The Social, The Marilyn Denis Show and Entertainment Tonight.

Online
For more, visit
Ericawark.com

She also has a long list of private clients here in Ottawa that she styles and says people often unfairly cast the Capital as an unfashionable town.

"I think there are a lot of people who love and appreciate fashion and have wonderful style here but the availability is behind — the fact that we just got an H & M speaks volumes to that," says Wark, adding that we still have some big box stores as well as great local boutiques.

"There's a reason why I'm able to live and work here full time — we definitely have the basics for someone who appreciates fashion to find some great stuff."

Wark's fashion career has been a complete whirlwind that she says wouldn't have been possible without the support of friends, family and industry insiders.

"It's pretty amazing. I often pinch myself thinking, 'How did I do this?' But, to be surrounded by fantastic people who are so intelligent and self-motivated and who love their jobs, it makes me want to work harder and be better at it," says Wark.

"It's been a crazy time but I'm honestly loving every second of it and I can't imagine not doing this now. I can only move forward from here and I'm so excited to see what the future holds."



Erica Wark started styling on the side in 2010 and realized she wanted to do fashion full time. COURTESY ERICA WARK



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students

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* Some restrictions apply. Full-time students must be between the ages of 13-29.

Maybe it's because the indignities suffered by unpaid college students and post-grads provides sexier fodder, but Hollywood is much more enamoured with interns than temps. The spotlight hasn't completely eluded temporary workers, although sunny movies about short-term desk jockeys are in short supply. Temp flicks tend to go dark.

MIKE DOJC/FOR METRO



Clockwatchers

Clockwatchers casts an incisive eye on the everyday travails faced by short-term jobbers (Toni Collette, Parker Posey and Lisa Kudrow) from nobody knowing your name to dealing with maladroitness managers, and being shunned in the cafeteria by permanent co-workers. **Lasting Effect:** This office-culture classic set the bar for future films about mind-numbing drudgery, patronizing bosses, and grand theft office supplies.

5

Temps on film



In the Company of Men

In order to get revenge on womankind two middle managers (Aaron Eckhart and Matt Malloy) conspire to emotionally destroy a deaf temp. They make a pact to make her fall in love with each of them and then break her heart. **Lasting Effect:** Neil LaBute's filmmaking career achieved liftoff after this adaptation of his play.



The Temp

When a cookie company exec's admin assistant takes a leave of absence, the temp who fills in (Lara Flynn Boyle) appears to be a miracle worker. But alas, this is a thriller — so she could possibly be a psycho. That means there's a mounting body count and a twist at the end as tends to be the prerogative of early '90s flicks in the Basic Instinct mould. **Lasting Effect:** Lara Flynn Boyle's bad girl cred remains intact. She recently played the evil witch in Hansel & Gretel Get Baked.

Office Space

This cubicle comedy about working stiffs driven to the edge by their Kafka-esque work environment is a Gen X fave. Office Space may not ostensibly be about temping but it's worthy of inclusion. The inspiration for this classic was a soul-sucking temp job director Mike Judge had in which he was tasked with alphabetizing purchase orders. **Lasting Effect:** A red Swingline stapler is featured prominently in the film but the company didn't have a model that colour — a set designer painted it. Spurred by rabid Office Space fans, Swingline debuted their Rio Red, still a hot seller.



Haiku Tunnel

Absent both Japanese poetry or an underground passageway, this art house agony-of-office-work flick centres around a serial temp in both his career and personal life who is placed at a law firm where he takes on a permanent position. The change from temp to perm wreaks psychological havoc and the former temp can't seem to complete a menial task of mailing 17 of his boss' letters. **Lasting Effect:** The expression "go perm" received a mild pickup.



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Justin Bieber. ALL IMAGES GETTY

Spray what you like about Justin but he loves graffiti

The website of Brazil's biggest news outlet published photos Wednesday it says show pop star Justin Bieber spray painting graffiti on a wall. And it adds that police want to question him about it. The O Globo newspaper reported that photographers snapped photos of Bieber as he painted graffiti on a wall of the former Hotel Nacional in Rio de Janeiro Tuesday morning. Defacing buildings is a crime in Brazil punishable by up to one year in jail and a fine. O Globo said police went to the mansion Bieber

rented in Rio to question him, but he was not there. Phone calls and emails to the police department for more details went unanswered. Calls and emails to Bieber representatives Melissa Victor, Nick Styne and Aaron Rosenberg were not returned. In the Colombian capital of Bogota, where he performed last week, Bieber upset authorities when he spray-painted graffiti on a wall along one of the capital city's main avenues while being escorted by officers in a police car. **THE ASSOCIATED PRESS**

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Is Will Smith stepping out with co-star Margot Robbie?



THE WORD
Dorothy Robinson
scene@metronews.ca

Will Smith reportedly had a steamy romp in a photo booth at a party with Focus co-star Margot Robbie, which may spell trouble for his allegedly shaky marriage to Jada Pinkett Smith, according to Star magazine. At the pre-Halloween bash in New Orleans, sources say Smith and Robbie slipped into the photo booth to pose for some snaps commemorating the night. "Once they pulled the curtain back to take the pictures, they let

their inhibitions run wild, laughing, hugging and nuzzling each other in the dark," the source says. "He wasn't acting like a married man. He gave no signs that he was in a committed relationship." Smith and Robbie didn't stick around to collect the photos, though, as Smith's assistant snapped them up once they were printed. "After they left the party, they were gone all night," the source says. Apparently, Jada and Will Smith are living separate lives; they haven't appeared in public together since August. Smith has been in New Orleans for work since mid-September while Pinkett Smith has reportedly moved out of the family's home and is living with her brother, Caleb, in Calabasas, Calif. Is it bad that I'm OK with Will and Jada breaking up? They made it 15 years — that is several lifetimes for a union in Hollywood. What more do we want from them?



Abigail Breslin

Sun sets on Miss Breslin's innocent youth

Little Miss Sunshine star Abigail Breslin is apparently all grown up at 17 years old — at least grown up enough to have a 25-year-old boyfriend. Breslin has reportedly "just started dating" All Time Low singer Jack Barakat, accord-

ing to E! News. Breslin and Barakat were photographed together at the premiere for her latest film, *Ender's Game*, and he "visited her on the set of her new movie." Her rep had no comment.

Twitter



@DanaDelany

When I was 5, a raccoon took a sandwich out of my hand. I think he's outside my bedroom glass door. #truelove4ever



@NiallOfficial

I'm havin the weirdest few days with this jetlag! Weirdest stuff keeps happening to me!



@ParisHilton

Trying to decide what to do for New Years. Getting so many offers from around world from so many amazing places that it's hard to choose.

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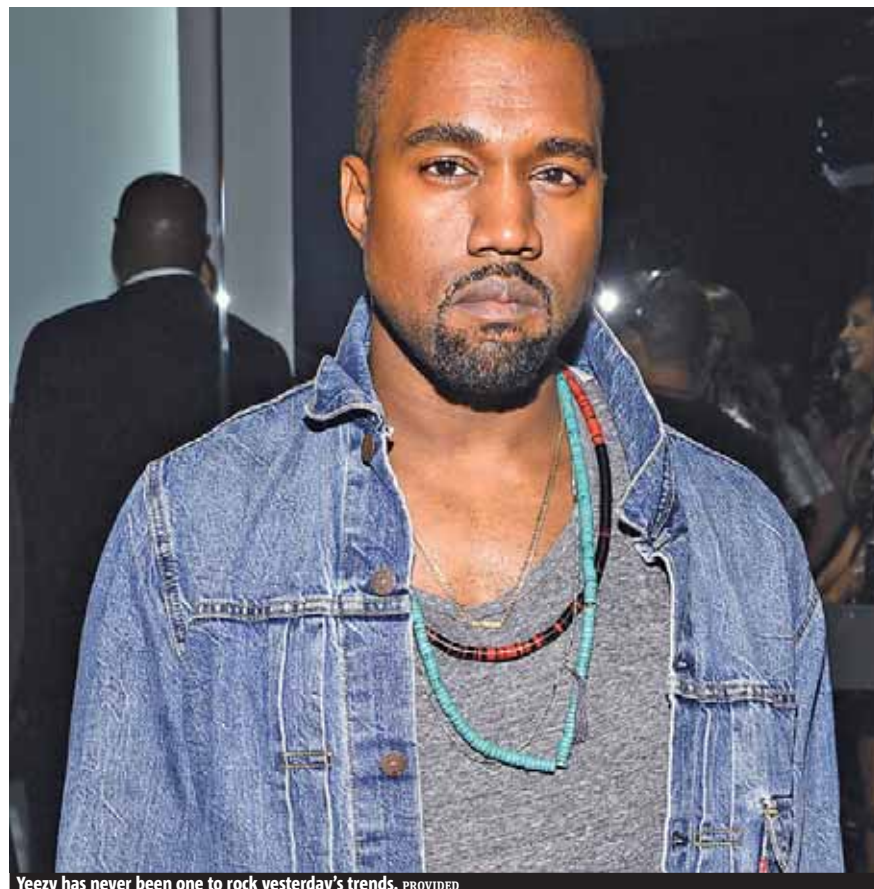
Tour de frock. From CD-Rom veils to repurposed vintage gowns, Kanye West is determined to make fashion news, one way or another

**ALICE
TATE**
Metro World News

It's been a big month for Kanye West. First, he puts a 15-carat rock on the finger of that small-time fiancée of his, Kim Kardashian. Next, he gets a giant wardrobe delivery courtesy of Maison Martin Margiela.

The French fashion house that has forever been shrouded in mystery has provided the singer with all of the outfits for his coming Yeezus tour. The extensive custom-made collection consists of 20 ready-to-wear pieces, 10 couture pieces, and a rumoured "exclusive" pair of trainers — we're intrigued.

The tour — the rapper's first solo concert trail in five years, which is taking him around North America — has unsurprisingly already garnered much music media attention. Heck, it even has its own Wikipedia page. But now, with the news of Margiela's involvement, it's caught the eye of the fashion world, too. We spoke to Margiela's team who answered the questions we were dying



Yeezy has never been one to rock yesterday's trends. PROVIDED

to know — except for the big one: will Margiela have any involvement in the wedding? For now, that one remains a mystery.

How involved has Kanye been in designing the collection?

The collection is a re-

work of Maison Martin Margiela's haute couture archive pieces. They have been chosen both by Kanye and the Maison. The Maison then researched new fabrics and volumes to reinterpret the pieces and match contemporary artist Vanessa Beecroft's scenog-

raphy.

Can you guide us through some of the key pieces?

An elongated embroidered bomber jacket was remade from a 1900s lady's dress; a coat was made out of military blankets; and military jackets were as-

Selective style

"The Maison still has a very discreet policy in terms of celebrity dressing but we always choose to work with people we feel close to."

Maison Martin Margiela team

sembled together to create an oversized cape. As for the veils, some have been re-interpreted from our archives, while others were created specially for the Yeezus tour. Four different veils complete the set — one is composed of marble pieces and another one is made from CD-ROMs. All are embroidered on a silk chiffon base.

How long has it taken to pull the outfits together?

It took approximately five weeks from the first piece of research to the final fittings.

Are celebrity relations and outfits a direction Margiela is looking to take?

The Maison still has a very discreet policy in terms of celebrity dressing but we always choose to work with people we feel close to.

Will any of the pieces from the tour retail?

None of these pieces will be sold. Similar sneakers can be found in store as they are Margiela classics but this pair were reproduced in special colours for the Yeezus tour.

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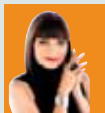
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JEANNE SPACE
Jeanne Beker
life@metronews.ca

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Stellar SS14 collection from @AltuzarraStudio this aft @agotoronto #Lunchwith MG benefit+WHAT a venue for a show!



Go Canada! LOVE."@SteveMartinToGo: When you're dining with Martin Short and Catherine O'Hara life is almost perfect.

Jacobs left his Marc. Louis Vuitton appoints new artistic director



Marc Jacobs left Louis Vuitton to focus on his own label after a 16-year partnership.

Louis Vuitton has named Nicolas Ghesquiere as its new artistic director, replacing the outgoing Marc Jacobs with the designer best known for his ties to the Balenciaga fashion house.

Louis Vuitton announced the appointment on its official Twitter account with a black-and-white photo of Ghes-

quiere. Jacobs parted ways with Louis Vuitton in September, although his namesake brand still falls under the LVMH umbrella. His replacement has been the subject of intense interest, both among investors for LVMH Moët Hennessey Louis Vuitton and in the fashion world.

THE ASSOCIATED PRESS

Trends Report

- Socks are often thought of as a necessity, rather than a fashion accessory for men. But Jared March, founder of Socking Behaviour, wants to convince men to give more personality to their feet with stylish socks. Go online to Trends Report to get some style tips from Jared and to

learn more about Socking Behaviour.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetrolreneK or on Instagram at KUANIRENE



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BANKSTREET.CA

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A Grilled Maple-Glazed Apple Slice a day keeps the taste buds happy

The recipe makes about 1 cup of glaze, but you won't need all of it. The extra can be covered and refrigerated for several weeks. It is delicious over pancakes, waffles, French toast or ice cream. It also is great used on chicken, turkey and pork.

1. Glaze: In small, heavy-bottomed saucepan over low heat, combine maple syrup, cider and sugar. Stir to dissolve sugar, then add the cinnamon stick, star anise and cloves. Bring to a simmer and cook until reduced by about a quarter. Stir in 1 teaspoon of the soy sauce. Taste and adjust with more, if desired. Let cool to room temperature, then remove the spices.

2. Heat grill to medium-low.

3. With apple corer, cut out cores and seeds from apples, leaving apples otherwise whole. Setting the apples on their sides, cut each into 1/2-inch-thick rings. Brush both sides of each apple ring with oil.

Ingredients

Glaze:

- 1 cup maple syrup
- 1/4 cup apple cider
- 1/4 cup dark brown sugar
- 1 cinnamon stick
- 2 whole star anise
- 1/8 tsp ground cloves
- 1 to 2 tsp soy sauce (optional)

- 2 large tart apples, such as Granny Smith
- Vegetable oil

4. When the grill is ready, place the apple rings on the grill grates and cook with the grill covered for 2 minutes per side, or until they have deep grill marks on both sides. Brush the tops of the apple rings with glaze, then cook for another 2 minutes. Turn over, brush with more glaze, then grill for another 2 minutes. **THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATHERED AND SEASONED.**

Grilled Maple-Glazed Apple Slices



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

For your phone

Lush Mixed Drinks (iPhone; \$1.99)



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

The best guide to the most sought-after drinks, Lush uses playful animations and a simple navigation to make it easy to find and save drinks by flavour, ingredient and even movies.



Butter up your pork chops

The butter in this recipe balances and rounds out the smoke and the heat from the chipotle chili and the adobo sauce, and the toasted green pumpkin seeds add texture and eye appeal to the butter.

1. Butter: In a medium bowl mash or stir the butter until it is smooth and slightly fluffy. Add the chipotle, pumpkin seeds, chili powder and salt. Mix together, mashing with the back of a fork to make sure all the ingredients are incorporated. Taste, then adjust with additional salt, if needed.

2. Set a 6-by-12-inch sheet of kitchen parchment or plastic wrap on the counter. Spoon the butter onto it to form a log. Roll the butter up, then smooth out to form a round log about 5 inches long. Refrigerate until firm and easy to cut into rounds, about 15 minutes. The butter can be made in advance and stored, tightly covered, in the refrigerator for up to a week (or in the freezer for up to 3 months).

3. When ready to prepare the pork chops, prepare the grill for direct, medium heat

Pork Chops with Chipotle-Pumpkin Seed Butter



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

Chipotle-Pumpkin Seed Butter

- 1 stick unsalted butter, softened
- 1 small chipotle chili in adobo sauce, drained and chopped finely
- 1 tbsp lightly toasted and cooled hulled pumpkin seeds (often called pepitas)
- 1/2 tsp ancho chili powder
- 1/2 tsp Maldon salt flakes or fleur de sel

Pork Chops

- 4 boneless centre-cut pork chops, 1-inch thick
- Olive oil
- Kosher salt and ground black pepper

5 to 6 minutes per side. The chops will be done when they feel "firm" to the touch and register 140 F at the centre. Remove the chops from the grill and top immediately with a piece of the butter.

7. Let chops rest 5 minutes before serving and allow the butter to melt over the top as it rests. If desired, serve with a second round of butter. **THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATHERED AND SEASONED.**

cooking.

4. Remove the butter from the refrigerator and cut four 1/2-inch slices off of the log (you will have some butter left over) and set aside.

5. Meanwhile, use paper towels to pat pork chops dry. Brush with thin coat of olive oil, then season with salt and pepper.

6. Place the chops directly on the cooking grate and grill for

Side. Skillet Cranberry-Apple Sauce & Pistachios



These fruits complement one another so wonderfully, there actually are numerous ways to combine them. You could even chop raw cranberries and apples, then toss them with sweetened lemon juice, red onion and minced jalapenos for a fresh salsa-like accompaniment.

1. In a large skillet over medium-high, melt the butter. Add the apples and cook until lightly browned on all sides, 5 to 7 minutes. Add the vinegar, water, brown sugar, cinnamon, cardamom and cranberries. Stir well and bring to a simmer. Cook until the liquid is thick and syrupy, 2 to 3 minutes.

2. Spoon the apple-cranberry sauce into a serving bowl, then top with the pistachios. Serve warm or at room temperature. **THE ASSOCIATED PRESS**

Ingredients

- 1 tbsp butter
- 4 large apples, peeled, cored and cut into 1/2-inch wedges
- 2 tbsp cider vinegar
- 1/3 cup water
- 2 tbsp brown sugar
- 1/2 tsp cinnamon
- 1/4 tsp ground cardamom
- 1 cup dried cranberries
- 1/4 cup crushed toasted pistachios

Double-duty daybeds

The daybed has been a furnishing staple for hundreds of years, and with good reason — it's the perfect blend of sofa and guest bed. It works in a small space as a double-duty piece, and in a large space, it can float in the middle of a room.



DESIGN CENTRE
Karl Lohmes
home@metronews.ca

Chic and colourful

It's a stylish lounge by day, but flips out into an oversized queen bed by night. Lubi Turquoise Sleeper Daybed, \$999, cb2.com.



Storage solution

Simple lines, a stylish tufted mattress and storage drawers mean this works as a spare bed or home-office perch. Stratton Daybed With Drawers, \$2,090, potterybarn.com.



Two-sided perch

Because this is open on each side, it's the perfect two-sided perch when floated in the middle of a long room. Natuzzi Sassi Leather Daybed, \$1,800, sears.ca.



The all-rounder

A bed, couch and storage all in one. Ikea PS Daybed, \$599, ikea.ca.



Room for a crowd

Extra length and traditional lines make this custom piece hip and happening. Nine Foot Field Bench, \$4,500 US, johnderian.com.



Entertaining

Don't be a guest at your own party

Is there really such a thing as carefree entertaining?



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Though the era of domestic staff is long over, many

people are still trying to convince the modern-day host that it's somehow possible to entertain at home stress-free while acting like a guest at your own party.

Well, I'm here to tell you that there is nothing further from the truth.

Yes, a get-together at your home can be done with a minimum of stress depending on how you plan your menu. Let me give you a few examples. If you're going to be cooking the dinner, choose menu items that you can make ahead of time. Then all you have to do

is put them on the stove or in the oven, and pay them relatively little attention until they're ready. A beef stew, lasagna or roast chicken are great examples. Make your salad ahead of time too, so all you need to do when you serve it is to add your home-made dressing. Have your friends bring a ready-made cake for dessert. You, my readers, get the point.

But as for the question of whether you can act like a guest at your own party, the answer is — never.

You see, as a host, you have

the important responsibility of ensuring your guests are having a good time. You want to make sure they always have a drink in hand, that the dip for your hors d'oeuvres is fresh, and that everyone has something to eat and, most importantly, someone interesting or fun to talk to. What this means is that you can never completely relax as a guest would.

You can and absolutely should have a good time — just don't confuse having a good time with abdicating your responsibilities as a host.



By all means have a good time at your own party, Charles says, but don't forget your responsibilities toward your guests. ISTOCK

Soccer

Fury sign their first player

Scottish midfielder-forward Nicki Paterson is the first signing for the Ottawa Fury, which is slated to debut next year in the North American Soccer League.

The 28-year-old from Motherwell, Scotland, has signed a two-year deal with the Fury. Paterson spent the last three seasons with the Charleston Battery of the USL Pro League.

THE CANADIAN PRESS

LPGA

CP railway takes over sponsorship

The Canadian Women's Open is back on track.

Golf Canada announced a three-year sponsorship deal with Canadian Pacific railway company Wednesday after an eight-year run with Canadian National Railway Company.

The LPGA Tour tournament will be renamed the Canadian Pacific Women's Open. The 2014 event is set for Aug. 21-24 at London Hunt in London, Ont.

THE ASSOCIATED PRESS

Charges dropped

Puig pays with community service

Prosecutors in Tennessee have dismissed charges of reckless driving and speeding against Los Angeles Dodgers outfielder Yasiel Puig. An executive assistant district attorney for Hamilton County said the charges were dropped Wednesday after Puig completed at least 12 hours of community service in Los Angeles. THE ASSOCIATED PRESS

Turris fashionably late to the party

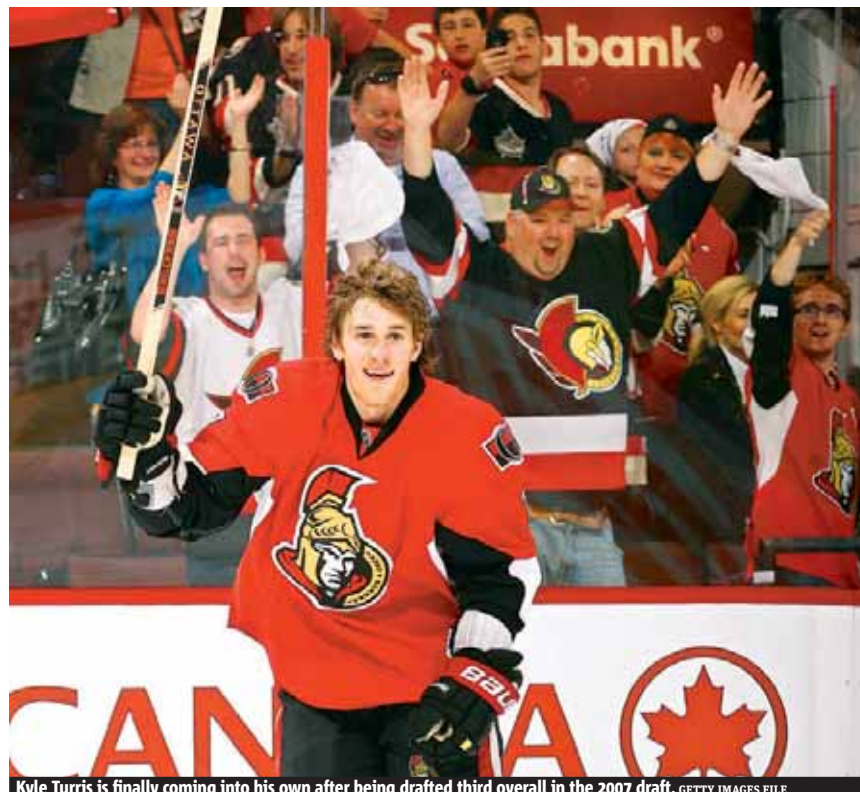


THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

When trading prospects, it usually takes a few years to determine a winner and loser. After just two-plus seasons, however, the Senators can proudly declare victory in the deal that shipped highly touted defenceman David Rundblad and a second-round pick to the Coyotes for Kyle Turris.

Rundblad, a healthy scratch most nights, has yet to find his way in the NHL. Phoenix used the second-round pick as a bargaining chip to acquire Antoine Vermette from the Blue Jackets. Meanwhile, Turris is rapidly becoming one of the young rising playmakers in the game. His 13 assists in 15 games rank sixth league-wide, placing the 24-year-old in the same realm as Joe Thornton, Sidney Crosby and NHL leader Henrik Sedin.

After being selected third overall in the 2007 draft, Turris is finally developing into a player deserving of such a lofty designation. But it's taken awhile. He turned heads as a teen, amassing a whopping 193 points in 110 games with Tier Two Burnaby of the British Columbia Hockey League. In The Hockey News' '07 Draft Preview guide, Turris was compared to Joe Sakic and Dany Heatley. However, his progress was stalled due to a questionable decision. Instead of heading to the Canadian Hockey League upon being



Kyle Turris is finally coming into his own after being drafted third overall in the 2007 draft. GETTY IMAGES FILE

drafted, Turris enrolled at the University of Wisconsin. That choice wasn't bad, but turning pro after only one year, certainly was. The New Westminster, B.C., native never found his niche as a Desert Dog and instead spent an abundance of time in coach Dave Tippett's doghouse.

With No. 1 centre Jason Spezza out of the lineup for the bulk of last season, Turris was thrust into the spotlight.

While he had a decent lockout campaign, 29 points in 48 games, it became evident the six-foot-one, 191-pounder was not ready to fill a prime-time role. There were bouts of inconsistency, including a 21-game goalless drought.

Then came the playoffs. Knowing Spezza was on the verge of returning, Turris amped up his play and led the club with six goals.

After a successful spring,

Turris entered this season brimming with confidence. Recognizing this, coach Paul MacLean is rewarding Turris with 19:33 per game, tops among Senators forwards. It's also Turris, not Spezza who's finding chemistry with dynamic Bobby Ryan.

Nearly 250 games into his career, Turris may be considered a late-bloomer, but Sens fans are grateful it's better late than never.

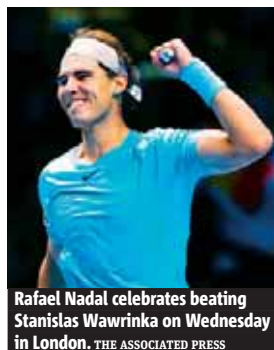
NBA

Knicks centre fractures fibula, out 4-6 weeks

Knicks centre Tyson Chandler is expected to miss four to six weeks because of a broken bone in his right leg.

The team said Wednesday that tests showed no ligament or nerve damage and surgery is not required. Chandler left in the first quarter of a 102-97 loss to the Charlotte Bobcats on Tuesday.

THE ASSOCIATED PRESS



Rafael Nadal celebrates beating Stanislas Wawrinka on Wednesday in London. THE ASSOCIATED PRESS

Tennis. Year-end No. 1 ranking secured by Nadal

Rafael Nadal clinched the year-end No. 1 ranking for the third time by defeating Stanislas Wawrinka 7-6 (5), 7-6 (6) Wednesday in the quarter-finals of the ATP finals.

Nadal, who beat Wawrinka for the 12th time in as many matches, can't be overtaken by No. 2 Novak Djokovic. It's the first time since 2010 that the Spaniard, who returned from a seven-month injury layoff in February, ends the year as the top-ranked player.

THE ASSOCIATED PRESS

Curling. Scott gets her revenge on Kleibrink

Kelly Scott scored the decisive point in the 10th end and edged Shannon Kleibrink 6-5 on Wednesday in Draw 4 action at the 2013 Capital One Road to the Roar Olympic pre-trial tournament.

In a rematch of the 2005 Canadian Curling Trials final, won 8-7 by Calgary's Kleibrink, the two rinks fought for control on tricky ice.

Scott, from Kelowna, B.C., scored the only steal of the game in the sixth end when Kleibrink couldn't get around

Also on Wednesday

Edmonton's Laura Crocker stole two in the 10th end and four more in an extra end to score a 10-6 victory over Tracy Horgan of Sudbury, Ont.

the front guards.

Tied 5-5 after nine ends, Scott was able to put the game away on an open hit.

THE CANADIAN PRESS



Jody Shelley is escorted off the ice after a fight as a Philadelphia Flyer in 2011. Enforcers like Shelley could be headed toward extinction as fighting is being phased out in the NHL and down the ranks of hockey. MIKE STORER/GETTY IMAGES FILE

No-fight club: Enforcers could be a dying breed

NHL. Retired tough guy reflects on his career as hockey sees shift in rules, attitudes

Jody Shelley had never been in a hockey fight before attending training camp with the QMJHL's Halifax Mooseheads in the 1990s. He figured fighting the biggest guy would get him noticed.

It worked. "Then I didn't fight for four days and the assistant coach came up to me and said: 'Hey, great job the other day. But if you don't continue playing big, we've got a guy that's five-11 from Northern Quebec who we'd take over you,'" Shelley said in a recent interview. "And that was a subtle way of saying, 'Get going, do what you did Monday night or you're not going to be here Friday night.'" The six-foot-three Shelley

Quoted

"You can't see what I've felt in a room with 20 guys knowing where I fit and knowing my value."

Ex-NHL enforcer Jody Shelley on his role as more than just a guy giving and receiving punches

eventually became the Mooseheads' captain, racking up 933 penalty minutes in 181 games along the way. If fighting didn't exist, it's unlikely he would've made the NHL, let alone play 627 games over the span of more than a decade.

"I wouldn't have even been on a roster. I wouldn't have made my major junior team," he said. "Not a chance."

With fighting on the decline in the NHL and the lower ranks of hockey, Shelley could be part of a dying breed of enforcers. He retired over the summer and became a broadcast analyst for the Columbus Blue Jackets but not before enjoying a respectable professional career.

Shelley's NHL stint took him from Columbus to San Jose to New York to Philadelphia, and along the way he gained an appreciation for his role as more than just a guy who gave and received punches.

"You don't go into it hoping to hurt anyone," the 37-year-old said. "You're just sticking up for your teammates and your organization and being proud of what you do and hopefully making everyone around you proud."

Shelley would have a hard time breaking into the NHL today. Forget even about the handicap of having to wear a visor and fight wearing a helmet — fighting itself isn't as much of a priority in the sport

Pulling punches

Through Tuesday, just 82 of 225 games played this season have included at least one fight, according to HockeyFights.com.

- There were a total of 30 in 86 playoff games last spring, and seven of those came in Game 3 of the Eastern Conference quarter-finals between the Canadiens and Senators.

any more.

A thoughtful speaker during his playing days, Shelley gets paid to offer his analysis now. But he isn't sure if fighting is heading toward extinction.

"It's tough to say," Shelley said after a long pause. "I would hope not. I would really hope not, but who knows?"

THE CANADIAN PRESS

Skiing

Vonn feeling good after first day of training

Lindsey Vonn eased into her first day of downhill training, holding back on her opening run just so she could get accustomed to cruising at that rate of speed again.

By her fifth and final pass at the U.S. Ski Team's speed centre on Wednesday, Vonn was charging so hard through the two-mile course that she bent over in exhaustion soon after finishing, trying to catch her breath.

More and more, the four-time overall World Cup champion is feeling like her old self again as her surgically repaired right knee gets stronger.

The knee felt "really good," Vonn, who's preparing to defend her downhill title at the Sochi Olympics in three months, said. "Everything is good.... I feel fresh and training hard. Everything is perfect."

The 29-year-old shredded her anterior cruciate and medial collateral ligaments in a crash at the world championships in Schladming last February.

THE ASSOCIATED PRESS

Sochi Olympics. Stojko casts wary eye on figure skating's team event

Elvis Stojko is not a fan of figure skating's new team event.

And if this were the 1998 Nagano Olympics and not the 2014 Games in Sochi, the two-time Olympic silver medalist says he would have refused to skate in the event that's making its Olympic debut in Russia.

"I understand the concept, but for someone like myself, if they had that, I'd be like 'No, I'm focusing on my thing,'" Stojko said.

Ten countries, each featuring a men's, women's, pairs team and ice dance couple, will compete in the team event, which begins Feb. 6 — the day before the opening ceremonies and five days before the individual figure-skating events begin.

And Canada, with three-time world champion Patrick Chan and Olympic ice dance champions Tessa Virtue and Scott Moir, will be a favourite to win the discipline's first-ever gold medal.

But the 41-year-old Stojko, a three-time world champion, said the team event is too taxing for any skater who's in the hunt for Olympic gold.

"It does take a lot out of you physically," Stojko said. "You



Elvis Stojko at the 2002 Olympics in Salt Lake City, Utah. GETTY IMAGES FILE

don't want to do that ultimate performance in the team event, because then you've got to redo it again in your own event, and that's where it's hard to balance. If you're just going for the team, it's different, you can focus on just the team, and then that's it. To do both, it's very difficult. It's like adding another race five or six days before you do your thing."

Stojko was in Toronto on Wednesday for Sport Chek's unveiling of the Adidas Canadian Olympic team collection of clothing and footwear.

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	14	10	4	0	47	35	20
Toronto	15	10	5	0	48	36	20
Detroit	16	9	5	2	40	41	20
Boston	14	8	5	1	38	28	17
Montreal	16	8	7	1	43	34	17
Ottawa	15	5	6	4	46	48	14
Florida	15	3	8	4	31	53	10
Buffalo	17	3	13	1	31	53	7

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	15	11	4	0	48	33	22
Washington	15	8	7	0	50	42	16
NY Islanders	15	6	6	3	47	50	15
Carolina	15	5	7	3	29	45	13
NY Rangers	14	6	8	0	26	40	12
Columbus	14	5	9	0	34	40	10
New Jersey	14	3	7	4	26	42	10
Philadelphia	14	4	9	1	22	39	9

Tuesday's results

Dallas 3 Boston 2 (SO)
Ottawa 4 Columbus 1
Washington 6 NY Islanders 2
Edmonton 4 Florida 3 (OT)
St. Louis 3 Montreal 2 (SO)
Carolina 2 Philadelphia 1 (OT)
Minnesota 5 Calgary 1
Phoenix 3 Vancouver 2 (SO)
Buffalo 5 San Jose 4 (SO)

Wednesday's results

Pittsburgh at NY Rangers, 7:30 p.m.
Winnipeg at Chicago, 8 p.m.
Nashville at Colorado, 9:30 p.m.
Phoenix at Anaheim, 10 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	13	12	1	0	42	19	24
Chicago	15	9	2	4	52	42	22
Minnesota	16	9	4	3	43	35	21
St. Louis	13	9	2	2	47	31	20
Nashville	14	7	5	2	31	40	16
Dallas	15	7	6	2	40	44	16
Winnipeg	16	6	8	2	39	47	14

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	16	12	3	1	52	40	25
San Jose	15	10	1	4	57	32	24
Phoenix	16	11	3	2	54	48	24
Vancouver	17	10	5	2	48	44	22
Los Angeles	15	9	6	0	43	40	18
Calgary	15	6	7	2	43	54	14
Edmonton	16	4	10	2	40	62	10

Note: Two points for a win, one point for overtime loss.

Thursday's games

All Times Eastern
Minnesota at Washington, 7 p.m.
Florida at Boston, 7 p.m.
Montreal at Ottawa, 7 p.m.
NY Islanders at Carolina, 7 p.m.
NY Rangers at Columbus, 7 p.m.
New Jersey at Philadelphia, 7 p.m.
Dallas at Detroit, 7:30 p.m.
Edmonton at Tampa Bay, 7:30 p.m.
Calgary at St. Louis, 8 p.m.
Buffalo at Los Angeles, 10:30 p.m.
Vancouver at San Jose, 10:30 p.m.

Friday's games

New Jersey at Toronto, 7:30 p.m.
Nashville at Winnipeg, 8 p.m.
Calgary at Colorado, 9 p.m.
Buffalo at Anaheim, 10 p.m.

MLS PLAYOFFS

CONFERENCE SEMIFINALS

EASTERN CONFERENCE

NEW YORK VS. HOUSTON

Wednesday's game — All Times Eastern
Leg 2 — Houston at New York, 8 p.m.

SPORTING KC VS. NEW ENGLAND

Wednesday's game
Leg 2 — New England at Sporting KC, 9 p.m.

WESTERN CONFERENCE

PORTLAND VS. SEATTLE

Thursday's game
Leg 2 — Seattle at Portland, 11 p.m.

REAL SALT LAKE VS. LA GALAXY

Thursday's game
Leg 2 — LA Galaxy at Real Salt Lake, 9 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	4	0	1.000	—
Philadelphia	3	1	.750	1
Miami	3	2	.600	11/2
Toronto	2	2	.500	2
Charlotte	2	2	.500	2
Atlanta	2	2	.500	2
Orlando	2	2	.500	2
Cleveland	2	2	.500	2
Detroit	2	2	.500	2
Brooklyn	2	2	.500	2
Chicago	1	2	.333	21/2
Milwaukee	1	2	.333	21/2
New York	1	3	.250	3
Washington	0	3	.000	31/2
Boston	0	4	.000	4

WESTERN CONFERENCE

	W	L	Pct	GB
Houston	4	1	.800	—
L.A. Clippers	3	1	.750	1/2
Phoenix	3	1	.750	1/2
Minnesota	3	1	.750	1/2
Golden State	3	1	.750	1/2
San Antonio	3	1	.750	1/2
Dallas	3	1	.750	1/2
Oklahoma City	2	1	.667	1
Memphis	2	2	.500	11/2
Portland	2	2	.500	11/2
L.A. Lakers	2	3	.400	2
Sacramento	1	3	.250	21/2
New Orleans	1	3	.250	21/2
Denver	0	3	.000	3
Utah	0	4	.000	31/2

x - clinched playoff berth; y - division; z - conference.

Wednesday's results

L.A. Clippers at Orlando
Washington at Philadelphia
Toronto at Charlotte
Chicago at Indiana
Utah at Boston
Golden State at Minnesota
Cleveland at Milwaukee
New Orleans at Memphis
Phoenix at San Antonio
Dallas at Oklahoma City.

CFL PLAYOFFS

DIVISION SEMIFINALS

EAST DIVISION

Sunday's game — All Times Eastern
Montreal vs. Hamilton (at Guelph, Ont.), 1 p.m.

WEST DIVISION

Sunday's game
B.C. at Saskatchewan, 4:30 p.m.

Byes: Toronto (East), Calgary (West)

Horoscopes

Aries

March 21 - April 20

Do you feel good about yourself or do you feel guilty about some of the things you have done? If it's the latter, don't worry: fate is about to provide you with an opportunity to make amends. Take it.

Taurus

April 21 - May 21

If you have something to say, say it now because after today it won't be so easy to find the right words. It does not matter if you are right or wrong, it matters only that you get your opinions out into the world.

Gemini

May 22 - June 21

Make an effort to talk to people about your dreams today. Don't be shy: Let them know what it is you desire most and how you intend to get it. If they are aware of your needs, they may be able to assist you.

Cancer

June 22 - July 23

No matter how much you were looking forward to some down time over the next few days, the planets indicate you will have to put your social plans on hold for a while. It's your fault for leaving a task half-finished.

Leo

July 24 - Aug. 23

Be wary of someone who wants to know all about you. It could be they are being friendly but it could also be they are looking for information they can use against you.

Virgo

Aug. 24 - Sept. 23

You may think you have to adjust your long-term ambitions but from the look of your chart, you should let the current scenario work itself out.

Libra

Sept. 24 - Oct. 23

Learn how to adapt because if you don't, you will be left behind. The world is changing by the day, the hour, the minute, and you must change with it. It's a matter of survival.

Scorpio

Oct. 24 - Nov. 22

Is someone trying to confuse you or are you confusing yourself? From the look of your solar chart, it is most likely the latter. Get your head and then your act together! Life is simple when reduced to its essentials.

Sagittarius

Nov. 23 - Dec. 21

The only way to resolve a disagreement is to refuse to argue about it. You should know by now that some people are so extreme in their views that they can never be reasoned with. Ignore them.

Capricorn

Dec. 22 - Jan. 20

Jupiter, planet of good fortune, turns retrograde today but that does not mean your lucky streak is about to end. It does mean though that you need to take other people's feelings into account a bit more.

Aquarius

Jan. 21 - Feb. 19

You may feel sorry that a friend is having problems but is there anything practical you can do to help? If there is, do it. If there isn't, stay out of the way.

Pisces

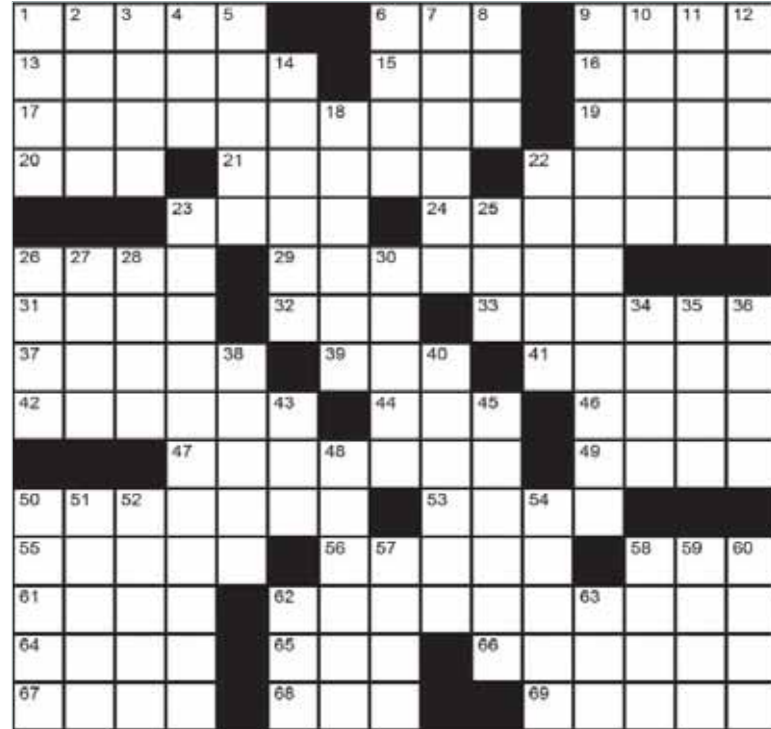
Feb. 20 - March 20

A decision will have to be reviewed in the light of new information and, you must admit that you got it wrong. Mistakes are a fact of life. It's whether you learn from them that matters. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Toronto's CFL team, commonly
6. Fall behind
9. Alphabet sequence
13. Internet: 2 wds.
15. 1954 Rosemary Clooney hit: "This ___ House"
16. "I need ___." (Dusting demand)
17. Springdale, Newfoundland born actress Natasha
19. Fun construction set
20. Roosted
21. Trumpet-playing Muppet
22. "The Six Million Dollar Man" character Mr. Goldman
23. Horn honk
24. Sky's streaks of light
26. "Good Times" disco group
29. Airport northwest of Montreal
31. Wood strip
32. Singer Ms. Sumac
33. One of classical music's "Three Bs"
37. Saint ___ Mountains (Range where Mount Vancouver is)
39. Author Ms. LeShan
41. Violinist Mr. Stern
42. PMO = Prime Minister's ___
44. Suffix meaning "Sort of"
46. "Howdy!": 2 wds.
47. Bar sing-a-long



49. Panache
50. Much-studied-a-subject expert
53. Some trees
55. Secret chest
56. Things over there
58. Mantric syllables
61. Pines
62. "Hockey Night in Canada", for one:

- 2 wds.
64. Potato ___ (Sort of soup)
65. Furthermore
66. Serena Ryder hit
67. Water's whirl-ee
68. Research paper, e.g.
69. Ms. Spacek

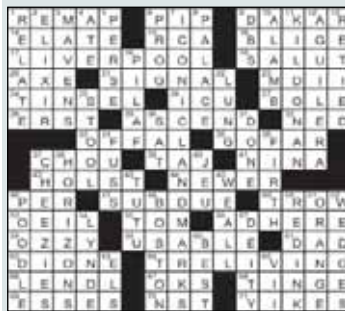
Down

1. Olympics participants, for short
2. Ms. Perlman
3. Fine fellow
4. Famous talk show maven ...her initials-sharers
5. Ready, __, __!
6. City in Poland

7. Sault Ste. Marie: ___ University
8. Barry Gibb, Bee ___
9. Makeup kit items: 2 wds.
10. ___-Roman wrestling
11. Rock singer Sammy who has fronted Van Halen

12. Mr. Stravinsky's
14. Like a floor-sweeping implement
18. Sooner or later: 2 wds.
22. SNL alum Cheri
23. 1892 ballet The Nutcracker composer, b.1840 - d.1893
25. Reflux
26. Mark Antony's love, for short
27. Fifty percent
28. "I can't help ___" (Excuse start)
30. Car's dashboard item
34. Salute
35. SNL alum Ms. Rudolph
36. Glance over
38. Reduce, ___ back on
40. Request: 2 wds.
43. 'E' in BCE
45. Stickups
48. Lada Gaga's new album
50. Vogue concern
51. "With Arms Wide Open": 2000 hit for what band?
52. Perfected
54. Breaks
57. Laugh-a-minute
58. Electrical resistance units
59. Cleaning implements
60. Affect, as opinion
62. Bering, e.g.
63. "...or ___ thought."

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

7	2	4	8	6	9	3	5	1
8	9	1	7	5	3	4	2	6
5	3	6	1	2	4	9	8	7
3	4	5	2	8	1	7	6	9
9	1	7	5	3	6	2	4	8
2	6	8	9	4	7	5	1	3
4	7	3	6	1	2	8	9	5
6	5	2	3	9	8	1	7	4
1	8	9	4	7	5	6	3	2

			8		6	1		
8		5	3					
6				4		5		
		2		4		8		
1			9	7			6	
	7			2		9		
	3		5					2
				1	7		8	
	9	1		3				

Today



8°/-1°
Partly cloudy

Friday



4°/-2°
Variable

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